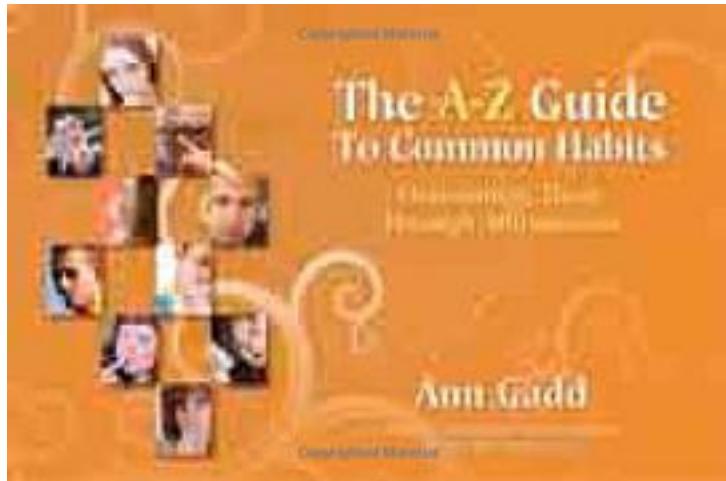


The A-Z Guide to Common Habits



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出版者:Independent Pub Group

出版时间:

装帧:Pap

isbn:9781844091003

Covering 300 everyday habits--from chewing and popping gum to being a workaholic--in a simple, easily accessed A-to-Z format, this book helps explain why people behave the way they do and enables them to move away from negative and destructive habits. Offering valuable insights, this is a manual for professional psychologists, alternative practitioners, those with bad habits, and parents of children with poor habits. It can also be used as a quick-reference guide for evaluating other people's habits in order to learn more about them. By describing the emotional causes of addiction, this handy guide reveals the mystery of why people continue to practice habits that they know are unhealthy, and provides healing affirmations to help break them.

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